




Calendar of Events

MARCH 2019



Monday	Tuesday	Wednesday	Thursday	Friday
9:15 Strch/SS \$ 10:30 Meditation 10:00 EnhanceFitness 11:00 Music Lessons \$ 11:30 All Levels Yoga \$* 12:00 Lunch D 	10:00 Beading \$ 12:00 Lunch D 1:00 Next Chapter 1:00 Tai Chi \$* 2:00 Ceramics Class \$ 2:30 Classical Music Appreciation	9:00 Knit & Crochet \$ 9:00 SilvSnkClssic D/\$ 10:00 TECH TALK 11:00 FREE Hand Massage! 12:00 Lunch D 12:45 Bingo \$ 1:00 Men's Group	9:00 All Levels Yoga \$* 9:00 Knit & Crochet Beginners \$ 10:30 Meditation D 10:00 Weaving \$ 12:00 Lunch D 12:45 Bingo \$ 1:00 Sewing Circle D 1:00 Tai Chi \$*	9:30 SilvSnk Clssic D/\$ 10:00 Recorder \$ 10:30 EnhanceFitness D 10:45 News & Views 11:00 Ukulele \$ 12:00 Lunch D 1:00 Pinochle/Bridge 1:00 Reaching Out Support Group

EVERY DAY 8:30-5PM: Fitness Ctr. (\$); Cards & Games/Pool; Computer Lab (Closed **WED** for **TAXES**); IPADS AVAILABLE!

Key to Symbols: \$ = Cost D = donation appreciated but <i>Optional</i> * = Next month's pymt. due by the 25th or pay drop in rate.		Coming in APRIL: *Easter Meal 4/18 *Spring (7 week) Quilting Workshop Begins *Wellness & Resource Fair w/Roxborough Hospital 4/26	Call or stop in to REGISTER FOR HEALTHY STEPS WORKSHOP 3/26	1 
4	5 10:30 Dept. of Revenue TAX FREEZE Workshop - are you eligible?	6 9-5 Tax Prep in Computer Lab 10:30 Mark Presents Come with questions! 1:00 Men's Group w/ Presentation by CLARIFI	7 10:30  Presents: Financial Smarts for Seniors 1:00 Tai Chi is back!	8 1-3 TEA PARTY! Medication Review & Tea Too!  
11	12 10:00 Advisory Council Meeting	13 9-5 Tax Prep in Computer Lab Last day to register for St. Patty's Luncheon!	14  10:00 Healthy Patterns Sleep Study Presentation by Penn Nursing 1:00 Tai Chi is back!	15 
18  Everyone's Irish On March 17th.	19 10:45 Lunch Bunch! Olive Garden	20 9-5 Tax Prep in Computer Lab 12:00 St. Patty's Day Luncheon with Mr. Ian Gallagher and an IRISH SING-ALONG!	21 1:00 Tai Chi is back!	22  Celebrate March Birthdays at lunch! 7:30 OPEN TO THE COMMUNITY! (& all ages!) Doctors Chamber Orchestra Concert Free! Bring a friend 
25 	26 9:30 - 2:30 HEALTHY STEPS WORKSHOP! APPRISE - Medicare Consultations	27 9-5 Tax Prep in Computer Lab	28 1:00 JW Lit Lovers Book Club <i>Still Me</i> 1:00 Tai Chi is back!	29
<div style="border: 1px dashed red; padding: 5px;"> Gift Cards for Gold & Lifetime Memberships will be distributed on Thursday, March 28 & Friday, March 29 from 9:30 to 12 in Lobby </div>				